

SHOULDER to SHOULDER

Newsletter 039 | May 2018



TORRINGTON SHEDDERS BRIGHTEN BARNSTAPLE WITH BARNEY

Arriving on Platform 1 to brighten up Barnstaple Train Station is Barney.

Shedders from Torrington Men's Shed built the wooden train for the disused platform at the station to provide much needed extra planting space.

The project was pitched to the group by Rebecca Catterall from the [Devon and Cornwall Rail Partnership](#) as part of the ongoing work to the gardens at the station. She said "The idea for the planter came from a similar project run by the Three Rivers' Community Rail Partnership at Chandlers Ford station in Hampshire. We wanted something we could use to add in extra plants and flowers to brighten up the station that

would look great all year round. The fact that we could support a local charity at the same time was even better."

David Davies from Torrington Men's Sheds said "The group got a lot of satisfaction out of this project, sharing their skills and working together. Men's Sheds is a great organisation that gives us all the opportunity to be creative and spend time with a bunch of good blokes!"

After an online competition to name the train planter the winning suggestion was 'Barney.'

GWR Station Manager Melanie Harvey said "The station at Barnstaple is at the heart of the community we serve, and we are incredibly grateful to the volunteers who dedicate their

own time to help us to maintain and improve the station environment."

The arrival of Barney the train is the latest stage of the project to transform the disused platform and its planters which had become heavily overgrown. Next is to start adding flowers and shrubs to the new planter with the help of volunteers from Barclays Bank Barnstaple, Network Rail and the Tarka Rail Association. Funding for the new train planter has come from the Designated Community Rail Development Fund which is backed by the Department for Transport and [ACoRP](#), the Association of Community Rail Partnerships.

Who's who on the board of trustees at UKMSA?

Over the next months we're going to be introducing members of the board of Trustees at UKMSA. This month meet Jo Phillips...

I have worked in the Voluntary Sector for the last 17 years –securing funding, setting up and running community engagement or volunteer led projects and providing volunteer management and development support to groups of all shapes and sizes. Whatever I'm involved in, I aim to encourage people to be an active part of their local community. When I first got involved in the Sheds movement 3 years ago I found the ambition of the Sheddies, their wish to share learning and help others, alongside the creativity and banter of the Shed environment - a really vibrant community to be part of.

In my day job, as a Project Manager for Royal Voluntary Service, I've helped set up over 10 Sheds and had the joy of sharing a cuppa with, and providing development support, to over 50 of the Sheds across the country. I sit as a co-opted

member of the Board of Trustees, representing the partnership RVS has had with UKMSA for the last few years - but I also sit with my own Shedder hat on – as a founder member of GatewaySHED in Leek, Staffordshire. Since we started our Shed, I've learnt everything from how to install windows, lay slabs and wooden floors to using machinery and hand carving dovetail joints (even if they were a little wonky!). My Saturday morning in the Shed is my weekly therapy after a hectic week – and I'm usually found recycling and repurposing old furniture in between looking after the memberships and publicity. I've recently upcycled a washing machine drum into a table and I'm currently revamping an old drinks globe that was rescued from a skip.

Post a Saturday morning at the Shed, family life kicks in with my partner and two teenage daughters.

I've held several Trustee roles over the years and am passionate about ensuring that UKMSA is able to support its members and the growing Sheds movement. I want more Sheds of all shapes and sizes to set up and develop – but I want to see them being sustainable and designed from the outset so they are at the heart of all our local communities - providing opportunities for people to share tools, skills and a cuppa, reduce isolation and make new friends – for many years to come.



New Chief Officer coming soon...

UKMSA had an overwhelming number of very strong applications for the role. Shortlisting has now taken place, and interviews planned for mid-May. We're keen to keep you updated so keep an eye on the website and next editions of Shoulder to Shoulder for more information.

The Find-a-Shed tool on our website is the most popular page and requests to add Sheds to the map is one of the most common we receive. The map is a great way to get your Shed noticed, to get new members and attract support from individuals, companies and organisations in the community. It is also a vital tool for men across the UK to easily find and join their local Shed



We're wishing the following Sheds the best of luck in their development:

Biggar and District

Yealmpton and Brixton Community Men's Shed

Marnhull Men's Shed

Oakley Men's Shed

Wilton Men's Shed

Heathfield Men's Shed

Men's Shed @ St Mary's Chard

Hawkwell Shed

Tonic Health Spalding Men's Shed

South Manchester Men's Shed

Bridport Men's Shed

Felixstowe Men's Shed

NEW SHEDS ON THE BLOCK MAP

and welcoming the following Sheds, now open on the map:

First Move Furnishaid, Great Yarmouth

The Shed at Chelston Workshop

St Andrews Men's Shed

Holsworthy Men's Shed

Littlehampton Men's Shed

Stirling Shed

Northern Men in Sheds (Ramsey Isle of Man)

Churn Men's Shed

Alresford Men's Shed

Yate Men's Shed

Scarborough Men's Shed

Ross on Wye Men's Shed

Men in Sheds—Rugby

Jupiter

Hailsham Shed Project

Lockerbie Men's Shed

Mablethorpe, Trusthorpe and Sutton on Sea Shed

Roehampton Men's Shed

www.findashed.org.uk

Make sure you're on the map and your contact details are up to date so people can find you to join your Shed or give support.



SILVER SUNDAY

CELEBRATING OLDER PEOPLE

SUNDAY 7th OCTOBER 2018

Silver Sunday is a national day for older people on which local communities and organisations host free events for people aged 65 and over.

The campaign was launched by the Sir Simon Milton Foundation in Westminster in 2012 to help overcome loneliness and social isolation amongst older people and has grown year-on-year. It is also an opportunity to celebrate older people and thank them for their contribution to society.



Silver Sunday aim to:

- **Tackle Loneliness** through providing activities and events to help connect older people with others and services
- **Increase awareness** of elderly isolation and celebrate the knowledge and contribution of older people
- **Build Community Connections**, encouraging charities, local authorities and businesses to work together to benefit communities
- **Encourage Inter-generational relationships**
- **Challenge Mindsets**

Ditchingham Men's Shed celebrated the event last year. The event was sponsored by a grant from South Norfolk Council's Help Hub, and supported by Tesco's Community Champion who donated most of the vegetables. The Men's Shed catered for 70 people at a celebration lunch.

Fred Hartwell, Men's Shed chairman and head chef said: "It was a treat to see so many people enjoying themselves. It also showed how a group of guys who, in many cases, had not met each other before joining the shed had become a team of friends enjoying each others company and that is what the Men's Shed is about."



Ditchingham Men's Shed are planning on more celebrations this year, including celebrations for the Centenary for World War 1.

The next Silver Sunday takes place on Sunday 7th October 2018.

Why not get together with others in your Shed and make plans for how you can celebrate those who are over 65?

For more information about Silver Sunday take a look at their website—www.silversunday.org.uk



Thank you for sharing your stories of the magic of Sheds with us!

One of the great things about working with UKMSA is hearing all the great stories of how Sheds have impacted upon the lives of the Men (and women) who are involved.

We originally had an email from a Shed who we misunderstood the permission to print. Apologies to Wotton under Edge Shed for our misunderstanding.

Thank you for all good news emails, please keep sending them to us.

Congratulations Church Crookham and Fleet Men's Shed on your Shed win!

Last year we ran a competition with a prize donated by [Shedstore](https://www.shedstore.co.uk/) to win a double door, 8x6 foot shed with a 10 year guarantee against rot.

Allan Walker commented—'we would love a shed to be able to store our tools and materials whilst we raise funds to get our own premises. Men's Shed's are great for the local community, promote social inclusion and are great places to socialise, share skills, drink tea and eat biscuits etc. Take a look

www.ccandfmensshed.org.uk.

We hope you have lots of great projects helped with the extra storage while working towards your own premises.





OUR MISSION: TO IMPROVE THE HEALTH OF MEN AND BOYS

The Men's Health Forum is a charity supporting men's health in England, Wales and Scotland.

Their ambition is that 'All men and boys—particularly those in the most disadvantaged areas and communities—will have information, services and treatments they need to live healthier, longer and more fulfilling lives.

The Men's Health Forum carries out research, raise awareness of men's health issues and they advocate for men's health in local authorities, with professional bodies and parliament among other places.

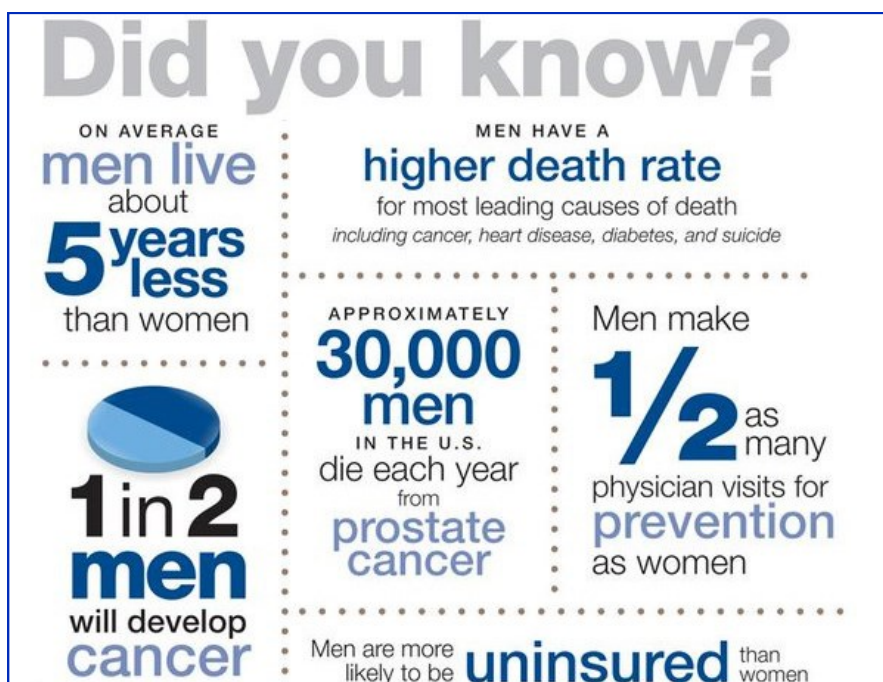
They also provide health information and advice through their 'Man Manuals', toolbox talks, workshop comedy events and their website.

For more information visit www.menshealthforum.org.uk/

Men's Health Week
June 11—17 2018
#MHW2018

Next month is Men's Health Week. What could you do in your Shed to get involved?

This year the focus of the week will be on men and diabetes. Men are more likely to get diabetes. More likely to suffer complications. More likely to face amputation as a result of diabetes. And more likely to die from diabetes. If you'd like to find up more visit www.menshealthforum.org.uk/mhw



What health issues do you want more information about?

Men's Health Forum are going to be doing some guest spots over the next few months in our newsletter. What men's health topics would you like them to write about? Email your suggestions to admin@ukmsa.org.uk, to let us know what you want to learn more about.

Win an iPad!

We're giving one lucky Shedder a brand new Apple iPad for filling out our national Shedder survey. All you have to do to be in with a chance is fill out the survey at the link below. Once we reach 500 responses from UK Sheddors, we'll pick a winner at random. Please circulate to all of your fellow Sheddors and Shed leaders.

What's more, your responses will help us to shape our services for Men's Sheds across the UK.

We only need 50 more responses from Sheddors to reach our target!

If you haven't already completed it, it only takes five minutes!



<https://www.smartsurvey.co.uk/s/UKMSAShedderSurvey2017/>

Entrants must be members of a Men's Shed in the UK, complete the survey in full and be contactable after the draw.



FUNDING ROUND-UP

The latest grant or funding stream that may help your Shed.

Relying entirely on grant funding is rarely the best approach to sustaining your Shed, but sometimes it can serve as a little boost. You might have your eye on tools, need to add a toilet or want to hold an event to attract members. We take a look at the latest fund that you may just be eligible for.

FUNDING JUST FOR SHEDS

RVS and Asda Foundation launch their final round of funding for Sheds less than 18 months old

Royal Voluntary Service is supporting local community groups to discover their inner 'Shedder' by applying for the latest round of the Sheds Grant Fund to support the set-up of community 'Shed' spaces as well as already established Shed projects.

Royal Voluntary Service partnered with UK Men's Sheds Association in 2015 to jointly support the development of Sheds across the UK as a way of tackling social isolation in older men. Research from Royal Voluntary Service found men's social networks are generally based on their workplace and 51% of men over 65 years of age socialise a lot less once they have retired; 45% only socialise once

or twice a month and 32% avoid socialising altogether.

Now in its third year, the Sheds Grant Fund, established by Royal Voluntary Service and supported by the Asda Foundation, provides sums from £250 to £1,000 to people who are either interested in starting their own community shed or want help with running costs for existing projects. While also open to women and men of all ages, the Sheds movement is mainly aimed at tackling social isolation in older men and all groups are required to be part of, or join as a condition of funding, the UK Men's Shed Association when applying for the grant.

To apply through the scheme, see the dedicated webpage [here](#).

We positively encourage all eligible sheds to apply and are happy to support with the applications process. Please get in touch at any time but allow at least 1 week before the deadline date on admin@ukmsa.org.uk or call Laura on 0300 772 9626.



ASDA foundation
Transforming Communities, Improving Lives

The deadline for applications is Sunday 24th June 2018 at 5pm

For more information, contact Abigail Hurrell, sheds@royalvoluntaryservice.org.uk or contact UKMSA on admin@ukmsa.org.uk

Scottish Shedders share their skills with others

Frank, John and David from the Hamilton and District Men's Shed, are inviting Scottish Shedders to join them to build a free electronic kit at the Scottish Electronics and Radio Convention at the Braehead Arena, Glasgow G51 4BN, on **20th May 2018**.

They have had a lot of fun and learned much building low cost projects and they will be pleased to help you achieve that too. Back at your Shed, you can tackle new projects and share your new found skills with others. Supplies of components and local help may be available after the event. Please pre-register your interest now to receive more information as places are limited.

All Shedders can enter a free prize draw for kits and components. Visit: www.mensshedelectronics.com to pre-register for the event, or to enter the free prize draw.

About Hamilton and District Men's Shed...

We are Shedders, radio amateurs and electronics enthusiasts that have been helped by others over the years through the sharing of skills, components, books etc. Most of it free. This is our way of thanking them and hopefully encouraging Shedders to explore electronics.



An electronic station requires much less capital to set up, can be continued at home on the kitchen table and components are low cost and easy to store.

The risks of soldering are lower and you can't chop your finger off when building something at the hobbyist level! Also as we age, you can still sit and work, unlike needing good muscles to wield a heavy lump of wood passed through the band saw!

What skills could your Shed share with other Sheds?

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